



caught the flu?

no school for you!



**Keep Vaccine
Between Your
Child & Disease**

Prevent the flu—it's in your hands!

- Your child should have a flu vaccine every year.

Teach your child how to prevent the flu:

- Wash hands often with soap and water. If there's no soap and water, use an alcohol-based hand sanitizer.
- Don't touch or shake hands with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Stay home when you're sick.

Your child may have the flu if:

- In addition to coughing or sneezing, they are suffering from a fever, headache, chills or body aches.
- It came on suddenly.

The flu is most contagious early in the illness.

If you believe your child is coming down with the flu, keep them at home. Keep their hands clean, and coughs and sneezes covered. Consider seeing your health care provider.



www.ImmunizeFlorida.org